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(54) **COMPOSITION NUTRITIVE**  
(54) **NUTRITIVE COMPOSITION**

(57) Divulcation d'une composition nutritive à base de fibres comprenant au moins un mélange de fibres internes de pois, de fibres de la cosse de pois et d'inuline.

(57) Nutritive composition based on fibres comprising at least a mixture of pea internal fibres, pea external envelope fibres and inulin.



**Abstract**

**Nutritive composition**

Nutritive composition based on fibres comprising at least a mixture of pea internal fibres, pea external envelope fibres and inulin.

## Nutritive composition

The subject of the present invention is a nutritive composition based on fibres.

According to a committee of American experts  
5 (Pilch S.M., Physiological effects and health consequences of dietary fiber - F.B.A, 223, 84, 2059 - Bethesda, MD Federation of American Societies for Experimental Biol., 1987), in the daily food ration of healthy people, the quantity of dietary fibres should  
10 be of the order of 27 to 40 g.

Dietary fibres can be classified in particular according to their properties and their chemical and physical structures, according to their digestibility during the gastrointestinal transit or according to  
15 their physiological properties during the gastrointestinal transit.

Chemically, dietary fibres consist of polysaccharides or lignin. These compounds are not hydrolysed by the endogenous secretions during the  
20 gastrointestinal transit (T. Schweizer et al., The physiological and nutritional importance of dietary fibres, *Experientia*, 44, p 182-186, 1991).

The constituent polysaccharides of these dietary fibres may be plant membrane polysaccharides,  
25 in particular cellulose, hemicellulose or pectin, or other intracellular polysaccharides which are not hydrolysed by the digestive enzymes, such as resistant starch, galactomannans or inulin (Quemener et al., Determination of inulins and oligofructoses in food  
30 products and integration in the AOAC methods for measurement of total dietary fibres, *Lebensm. Wiss. u. Technol.*, 27, p 125-132, 1994).

Depending on their biological and physico-chemical properties, dietary fibres are classified into  
35 two categories, insoluble fibres and soluble fibres.

The insoluble fibres, such as cellulose, maize fibres or insoluble soya fibres, have essentially a mechanical role. They are generally only very slightly

fermented by the intestinal flora and contribute to reducing the duration of the intestinal transit (Scheppach et al., Addition of dietary fiber to liquid formula diets, JPEN, 14, p 202-209, 1990).

5           The soluble fibres, such as pectin, inulin or resistant starch, are a very good fermentation substrate for the intestinal flora. The product of this fermentation is a release of fatty acids, in particular short-chain fatty acids in the colon, which has the  
10 effect of reducing the pH value in the colon and of allowing control of the growth and development of pathogenic bacteria in the colon.

          EP 0 591 267 describes a fibre system for nutritive products comprising, by mass, 5-50% of gum  
15 arabic, 5-25% of sodium carboxymethylcellulose and 45-80% of oat envelope fibres.

          Moreover, the fact that the administration by the enteral route of a composition free of dietary fibres caused intestinal disorders such as diarrhoea or  
20 constipation in patients has been demonstrated (Palacio et al., Nutrition in clinical practice, 5, p 99-106, 1990).

          Thus, EP 756 828 describes a composition based on dietary fibres, intended in particular for enteral  
25 nutrition, which makes it possible to contribute to maintaining good intestine function. This composition, which is in liquid form or in dried form, contains, per 2000 kcal, 15-50% of soluble dietary fibres of polysaccharides, 15-45% of insoluble dietary fibres of  
30 polysaccharides and 8-70% of oligosaccharides or of resistant starch. It may also contain carbohydrates and/or fat and/or protein material.

          The object of the present invention is to provide a nutritive composition based on fibres having  
35 a good balance in the proportion of soluble fibres and of insoluble fibres, having an advantageous viscosity and good storage stability. The composition according to the present invention is intended, furthermore, to act on the entire gastrointestinal system, at the level

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of the stomach, the small intestine and the colon.

To this effect, the nutritive composition based on fibres according to the present invention comprises at least a mixture of fibres consisting of pea internal  
5 fibres, pea external envelope fibres and inulin.

It was with surprise that it was observed that the composition according to the present invention, which has the advantage of being based on natural dietary fibres, has, on the one hand, good mechanical  
10 properties such as, in particular, a decrease in the duration of the gastrointestinal transit and, on the other hand, good nutritional and biological properties such as, in particular, the release of short-chain fatty acids, making it possible in particular to  
15 maintain a bacterial balance at the level of the intestinal mucosa and to avoid the growth and development of pathogenic bacteria.

The mixture of fibres according to the present invention may contain 20-50% of pea internal fibres,  
20 20-40% of pea external envelope fibres and 20-60% of inulin.

The pea internal fibres are fibres consisting of 15% of cellulose, 45% of hemicellulose and 40% of pectin. The 66% which represents the insoluble  
25 fraction, pea internal fibres, has, on the one hand, a mechanical effect by acting on the duration of the gastrointestinal transit and, on the other hand, a nutritional and biological effect, since these fibres are fermented by the intestinal flora and allow the  
30 release of short-chain fatty acids. The release of these short-chain fatty acids causes a reduction in the value of the pH in the colon and, as a result, a decrease in the growth and development of the pathogenic strains in the colon. The release of fatty  
35 acids is of great importance on supplementation with antibiotics because, during an antibiotic treatment, the intestinal flora no longer fulfils its functions and a diet high in fibres, having a soluble fraction, makes it possible to overcome this problem. Moreover,

the release of short-chain fatty acids, such as butyrate, causes the absorption of water coupled with absorption of sodium ions in the colon, which makes it possible to increase the antidiarrhoeal effect.  
5 Furthermore, butyrate is a high-energy substrate for the colonocytes.

The fibres of the pea external envelope are composed of 68% of cellulose, 25% of hemicellulose and 7% of lignin. They consist of a 10% soluble fraction  
10 and a 90% insoluble fraction. They have, on the one hand, an effect on the capacity to retain water in the intestine and, on the other hand, a mechanical effect during the gastrointestinal transit.

The inulin fibres are soluble fibres which are  
15 present in numerous plants, such as asparagus, artichokes, onions, wheat or chicory, for example. Inulin fibres are not digested in the small intestine. They are fermented in the colon. The main effects of inulin fibres on the digestive system are a decrease in  
20 the duration of the intestinal transit, a decrease in the level of glycemia, a decrease in the lipid content in the blood, a decrease in the pH in the colon, a decrease in the constipation phenomenon and a bifidogenic effect, for example. Thus, inulin fibres  
25 can be fermented by bifidobacteria, which has the consequence of increasing the concentration of these bacteria at the level of the intestinal flora and of decreasing the concentration of enterobacteria, in particular Clostridiaceae, at the level of the intestinal  
30 flora.

The composition according to the present invention may comprise 1-5% of a mixture of fibres, 15-30% of proteins, 40-65% of carbohydrates, 15-20% of lipids, 1-2% of vitamins and/or 0.3-5% of mineral  
35 salts, for example.

In the composition according to the present invention, inulin may be replaced by an oligosaccharide or a mix of oligosaccharides. Oligosaccharides may be galacto-oligosaccharides, fructo-oligosaccharides, xylo-

oligosaccharides or an oligo derivative of starch, for example.

This composition may be intended for enteral nutrition, for example. It has a good balance between the soluble dietary fibres and the insoluble dietary fibres. Furthermore, this composition can be easily administered by the enteral route, either by gravity, with a regular flow rate adapted to good administration of nutrients, or by a pump system. Indeed, on the one hand, if the flow rate is too slow, the synergy of the food products constituting the composition intended for enteral nutrition is lost and, on the other hand, if the flow rate is too high, absorption and tolerance disorders are caused.

This composition, intended for enteral nutrition, may be a composition which comprises a mixture of fibres having a proportion of 45-55% of soluble fraction and 45-55% of insoluble fraction, for example. This proportion makes it possible to best exploit the advantages of each of these two fractions.

Furthermore, this composition, intended for enteral nutrition, may have a viscosity of less than 12 cp, for example. It is possible to measure the shearing force with the aid of a Rhéomate-type viscometer and thus calculate from this value the viscosity level, for example.

The nutritive composition according to the present invention is described in greater detail with the aid of the physicochemical data below and of the examples of application below.

**Test 1: Physicochemical analysis of a nutritive composition based on pea internal fibres, on pea external envelope fibres and inulin**

A nutritive composition based on fibres according to the present invention is prepared.

To do this, 5 g/l of pea internal fibres, 5 g/l of pea external envelope fibres and 5 g/l of inulin are mixed in demineralized water at 65-70°C.

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This mixture is dispersed for 5 min, it is passed through a colloid mill and then it is stored in a tank with stirring.

In parallel, a preemulsion is prepared by mixing 39 g/l of a lipid mixture with 1.4 g/l of an emulsifier, glycerol stearate.

This preemulsion is then mixed with the mixture of fibres. To do this, it is passed through the colloid mill.

10 An emulsion is thus obtained which is cooled to 60°C.

After this emulsification stage, 37.5 g/l of a protein mixture, 125 g/l of carbohydrates as well as 300 mg/l of a mixture of different mineral salts are added so as to produce a homogeneous preparation.

15 An aqueous solution of vitamins is prepared by mixing 2 g/l of vitamins in demineralized water at 25°C.

20 This aqueous solution of vitamins is added to the preparation.

A nutritive composition according to the present invention is obtained whose pH is adjusted to 7.1.

25 This nutritive composition is heat-treated at 150°C for 6 sec. Next, it is stored at 6°C.

After storing for one month at room temperature, the particle size, the viscosity, the texture as well as the stability of the nutritive composition are measured. Furthermore, a taste evaluation of the nutritive composition is carried out.

30 All these measurements are mentioned in Table I below.

Table I

Measurements	
Particle size	< 50 $\mu$ m
Viscosity (composition 1.5%)	6 cp



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Texture	creamy
Taste evaluation	neutral
Stability (measurement of the deposit after storing for one month at room temperature)	good

The measurements mentioned in Table I thus demonstrate the fact that the composition according to the present invention has characteristics which are highly advantageous for its use in the field of enteral nutrition. Indeed, this composition, because of its low viscosity, allows a good use by gravity. Moreover, this composition has a very good stability. After storing for one month at room temperature, no presence of deposit is noted.

#### Example 1

A nutritive composition according to the present invention, intended for enteral nutrition, is prepared.

To do this, a composition is prepared as described in test 1.

This composition is distributed, in a sterile environment, into 200-ml plastic pouches which are hermetically closed before being stored at 10°C.

The composition contained in these pouches is then administered to patients by the enteral route, by gravity. Because of its appropriate viscosity, this composition has a regular flow rate appropriate for good administration of the nutrients.

#### Example 2

A dessert cream, enriched with fibres, is prepared.

To do this, a mixture of fibres consisting of 1.03 kg of pea internal fibres, 0.55 kg of pea external envelope fibres and 0.55 kg of inulin is introduced, with stirring, into 20 litres of demineralized water at 70°C, in a mixer. This mixture of fibres is left to become hydrated for about 5 min, with stirring. This mixture of fibres is then stored at room temperature.

A composition containing 10 litres of demineralized water at 70°C, 0.3 kg of glycerol stearate, 2.13 kg of butter oil and 5.95 kg of skimmed milk powder is then prepared in a mixer.

The composition is then ground in a colloid mill so as to produce a preemulsion.

Still with stirring, 5.95 kg of skimmed milk powder are mixed in 3 litres of demineralized water heated to 70°C which are then incorporated into the preemulsion, to which the mixture of hydrated fibres has been added beforehand.

24 litres of demineralized water heated to 70°C are added to the whole, with stirring, followed by 0.12 kg of carrageenan, 6.5 kg of sucrose, 0.65 kg of glucose syrup, 1.7 kg of modified starch, 6.25 kg of milk proteins, 76 g of magnesium chloride, 5.4 g of iron sulphate, 4 g of zinc sulphate, 55 g of  $\beta$ -carotene, 0.16 kg of vanilla flavour, 20 g of vitaminized mixture, 40 g of sodium ascorbate, 0.65 kg of dehydrated glucose syrup and 0.66 kg of disodium phosphate.

The dry extract is then recovered which is adjusted to 29 g per 100 g of demineralized water.

The product is then degassed at -500 mbar and it is sterilized in a tubular sterilizer, at 150°C for 7 seconds. The dessert cream thus produced is then cooled to 17°C and it is packaged in hermetically closed 125-g plastic pots.

### Example 3

An apple-based cereal bar, enriched with fibres, is prepared.

To do this, a mixture containing 200 g of soya lecithin, 3.7 kg of sunflower oil and 3.7 kg of soya oil is heated to 40°C.

A mixture, whose temperature is 90°C and which contains 10.5 kg of oligofructose syrup, 9.6 kg of glucose syrup and 3 kg of fructose, is added to this mixture of oils.

The whole thus obtained is mixed to a temperature of 75°C.

There are then added 5.7 kg of milk proteins, 6.25 kg of pea internal fibres, 3 kg of inulin, 545 g of calcium carbonate, 1.5 kg of apple powder, 3 kg of

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dehydrated apples, 145.1 g of vitamins, 500 g of gelatin, 1.5 kg of apple flavour, 16 kg of a mixture of extruded proteins, 10 kg of soya beans and 5 kg of wheat germs.

5           This mixture is then compressed between two rotating grooved rollers so as to form a continuous band of product. This band is cooled by passing through a ventilated cooling tunnel and finally cut into individual bars 13 mm thick, 60 mm wide and 90 mm long.

10           Each bar is packaged in a hermetically closed packet.

**Claims**

1. Nutritive composition based on fibres, comprising  
at least a mixture of fibres consisting of pea  
internal fibres, pea external envelope fibres  
and inulin.
2. Composition according to Claim 1, in which the  
mixture of fibres contains 20-50% of pea  
internal fibres, 20-40% of pea external  
envelope fibres and 20-60% of inulin.
3. Composition according to claims 1 and 2, in which  
inulin is replaced by an oligosaccharide or a  
mix of oligosaccharides.
4. Composition according to Claim 1, comprising at  
least 1-5% of a mixture of fibres, 15-30% of  
proteins, 40-65% of carbohydrates, 15-20% of  
lipids, 1-2% of vitamins and/or 0.3-5% of  
mineral salts.
5. Composition according to Claim 4, characterized in  
that it is a composition intended for enteral  
nutrition.
6. Composition according to Claim 4, characterized in  
that the mixture of fibres has a proportion of  
45-55% of soluble fraction and 45-55% of  
insoluble fraction.
7. Composition according to Claim 4, characterized in  
that it has a viscosity of less than 12 cp.